# Food not Cuts

*Food not Cuts* explores how food and care are connected. It highlights how cuts to care and a lack of support can make accessing food difficult for deaf, disabled and neurodivergent people.

The exhibition has been created with a group of co-producers who have experience of these challenges. They worked with Anahita Harding, a Fellow on the Curating Visibility programme.

In this exhibition, you will experience:

- A sound installation where you can listen to real people talking about experiences of cooking and accessing food

- Cooking tools from the past and present

- Art by Roo Dhissou, Em-Dash, and Elora Kadir

## The exhibition is designed with:

Easy English texts

Easy Read guide

British Sign Language (BSL) videos, accessible via QR code and on an I-pad

Audio description, accessible via QR code

Large print versions of text

## Co-production

The voices and stories of disabled people have shaped this exhibition.

The co-production group shared their experiences and ideas by taking part in workshops, discussions, and shared meals.

They talked about the challenges of cooking, shopping and getting food.

Without their voices, this exhibition could not happen.

# Sound installation

The voices you hear are from the co-production group.

Through their conversations, they shared how:

-They don’t always get enough care hours to cook proper meals

-They need more help from personal assistants (PAs)

-Shopping and cooking are difficult without extra support

# The artworks

The exhibition features artworks by artists that reflect their personal stories.

Elora Kadir’s photography show what it was like receiving food packages during the Covid pandemic

Roo Dhissou created handmade thalis (plates/trays) with messages about food and allergies

Em-Dash made a poster about cooking with eggs

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# Cooking tools: old and new

Kitchen layouts and equipment have changed over time. Cooking tools from the past were often designed to save time and effort.

Today it is possible to buy adapted cooking tools that make cooking easier, like easy-grip knives and chopping boards. These tools were used by the co-producers in a cooking workshop.

# Disability and food

Disabled people can find it hard to access food.

It can be hard to chop or peel fruit and vegetables, or open packaging.

Some shops are not easy for disabled people to use. Because of the way they are laid out and the way information is provided.

## Disability and cooking

Cooking can be really hard for disabled people, especially if there isn't enough support.

Kitchen spaces and equipment often don't account for people's different needs.

This makes it harder for some disabled people to cook their own meals.

## Care hours and quality of meals

Some disabled people are supported by carers or personal assistants. When care hours are reduced, it makes it harder for many disabled people to cook and have healthy meals.

Cuts to disability benefits have meant that many disabled people do not have enough money for things like food.

This often leads to eating ready-made meals, which might not be healthy or good for their needs.

## Credits

*Food not Cuts* is part of Curating Visibility, a project delivered with Accentuate and Screen South and funded by Arts Council England. Curating Visibility provides work opportunities for deaf, disabled and neurodivergent curators to uncover museum collections and reimagine disability perspectives.

With thanks to:
Curating Visibility Fellow, Anahita Harding, who spent 15 months researching the collections and working with local disabled people to create this intervention.

The co-producers Jo, Seb, Toby, Owen, Emile, Joel, Matthew, Tehseen, Tilley, Sam, Caroline and Shaun

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